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TURNIPS ARE VALUABLE
AND ALSO INEXPENSIVE

Turnips have a place in the low-cost diet because they are cheap, because they are a good source of vitamin C and a fair source of vitamin B, and because when served they are likely to be eaten in quantities sufficient to make their vitamin and mineral content important in the day's food. Yellow turnips furnish also some vitamin A, says the Bureau of Home Economics of the U. S. Department of Agriculture.

Turnips are, moreover, two vegetables in one. Their roots provide winter fare, and their tops furnish greens which are available in southern areas of the United States nearly all the year. Turnip greens are among the richest of all vegetable foods in vitamins A, B, and C, and in minerals, especially iron.

Turnips should be eaten raw sometimes, says the bureau-- in salad, or strips as you serve a stalk of celery-- to add protective food values to a meal. When turnips are cooked, some of the vitamin C will be lost, and care is needed in cooking and serving to preserve other vitamin and mineral values. More of vitamin A than of other vitamins is retained in the cooked vegetable, since this vitamin is not so readily destroyed by heat. Yellow-fleshed turnips, rather than white, furnish vitamin A. They may be called just "yellow turnips," or yellow rutabagas, or "swedes," from their Scandinavian origin. There are turnips of many colors-- black, green, purple, and even red-- but the white and yellow are the most common.

Many varieties of turnips are native to the Old World, and have been cultivated since very ancient days. In the time of King Henry VIII of England history records "turnips were used baked or roasted in the ashes, and the young shoots used as a salad and as a spinach." Turnip kraut is an Old World dish that is familiar to many people in this country today, and turnips are one of the makings of a New England boiled dinner, a stew, or a vegetable soup.

In cooking turnips use as little water as possible, cook no longer than necessary to make the turnips tender, and use an uncovered cooking vessel. The cooking time can be shortened if the turnips are diced or sliced or otherwise cut up.

